

Aimee McPherson Goes on Trial

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WEATHER
Cloudy;
Probably
showers.

Monday

NEW YORK

September 27, 1926

Nothing
but the
Truth

EVENING GRAPHIC

An Unbeatable Candidate

WHILE the stage is being set today for the Republican State Convention in Madison Square Garden, the Democrats at Syracuse will pay another personal tribute to that extraordinary individual whose popularity and ability as a governor have made him a national figure.



AL SMITH

for governor assures his election, and New York state could not have a better man at the helm.

The GRAPHIC again congratulates Al Smith, a man's man and friend of the people.

Circulation in the Right Place

ON FRIDAY, September 24, nine days after its second anniversary, the New York Evening GRAPHIC reached a new high mark in circulation.

On that day this newspaper sold 425,000 copies.

This is of vital interest not only to its readers, but to the advertisers who use this newspaper's columns, for 94 per cent. of this circulation is concentrated within the limits of metropolitan New York, the richest market in the world.

Today, The GRAPHIC, not many days older than two years, has more circulation in the trading zone of New York than all of its evening contemporaries, except one.

The GRAPHIC'S new high mark of 425,000 put it ahead of the Times, the Evening World, the Morning World, the Herald Tribune, the Sun, the Mirror, the American, the Telegram and the Post.

Always remember that The GRAPHIC'S circulation is concentrated in the territory where people buy their necessities from New York stores, advertising their wares in New York.

This newspaper is satisfied to grow in New York. It gives full value to its advertisers, because it circulates among those who live in New York and spend their money in New York.

The circulation of a New York paper built up from Montreal to Baton Rouge does not help the New York advertiser who is trying to sell his goods to a New York trade. Quick circulation by forced methods miles away is easy to get, but The GRAPHIC does not want that sort of circulation.

This newspaper is growing in its own community and its circulation shows what the people think of it.

Back to Old Time

DAYLIGHT SAVING time has ended for 1926.

We are back to the old sun time again. Here's hoping that every one of The GRAPHIC readers has benefited by the extra hours of daylight added to the schedule for the summer.

Daylight saving is a great boon to a city like New York. It affords opportunity to engage in outdoor exercises until it is time to retire. It should be a season of *physical recreation and development*.

It should have been used to build up strength against the darker months of fall and winter. But even though it is dark, there are many things you can still do to keep in good trim.

Keep up *some form of exercise*. Remember that one of the best ways to do this is to WALK DAILY TO WORK.

Sudden Death

SUDDEN DEATH lurks on every street. Automobile traffic has become so heavy that there is imminent danger at all times.

Those who are compelled to use the streets should exercise the greatest caution if they wish to save life and avoid injury.

Motorists should at all times have their cars under such control that they can be stopped before trouble develops. This means that drivers should keep their eyes on the sidewalks as well as the roadway to notice whether there are children at play who may dart forth without warning.

Children should be instructed NOT TO RUN SUDDENLY into the roadways.

Pedestrians must never step from behind motorcars or trolley cars without looking up and down the street for oncoming traffic.

Caution should be exercised at crossings in particular. You may be hit by vehicles coming from any one of four directions there.

There are too many sad accidents on our streets.

Every one of them is due to some one's carelessness.

Do not let your carelessness result in the loss of life.

The Reign of Sports

STAID AND SOBER residents of St. Louis danced in the rain when the news came that the baseball team of that city had won the National League pennant.

This is a great year for sporting events.

Moisture seems to be connected with most of them.

Gertrude Ederle swam the wet English Channel to fame.

Gene Tunney won the heavyweight championship in the rain.

St. Louis won the championship in the rain.

What has become of that fellow who wrote "It Ain't Goin' to Rain No More"?

However, Gene Tunney and the St. Louis fans will say that the most popular song is "Let It Rain."

Great Thoughts of Great Men

All creeds and opinions are nothing but the mere result of chance and temperament.—Shorthouse.

Immortality alone could teach mortal how to die.—Craik.

Don't Be a Sluggard

Activity is life. Inactivity is death.

To be completely, throbibly alive you must be strenuously active.

You must use your entire muscular system. And this physical activity must be reasonably regular and be balanced by proper mental activity.

Every step you take gives you more strength for the next step.

Every effort you make adds to the life (health) within your body—adds to your physical force and broadens your mental outlook.

You are a better and a cleaner man or woman if you have made yourself complete in a physical sense through unremitting muscular activity.

You are better still, morally, spiritually, as well as physically, if you recognize the importance of retaining these invaluable powers.

The physical sluggard is partly dead. He carries with him a large proportion of dead cells that linger in the tissues and clog functional activity.

The more active you are within reasonable limits, the more life you maintain within your body. If your body is completely alive, there is no place for death to be retained therein. When life has become extinct in a cell within your tissues, it is quickly eliminated through the functional activity that results from proper habits.

The sluggard cannot live in every sense of the word. He simply hibernates. He exists. He is asleep to life's most glorious possibilities.

His bodily functions are sluggish.

He is naturally dull, phlegmatic. His mind is frequently "flabby," slow. He usually feels doped. And in a way, this feeling accurately indicates his actual physical and mental condition. The brain is keen and alive only when it is supplied with blood that teems with vital force. And the physical sluggard cannot furnish this quality of blood to his brain.

The same blood that nourishes the muscular tissues also gives power and fervor to the brain. It is this blood that "fires" you with the buoyancy of youth, that gives the brain its clearness and keenness.

Your blood is your life. You are what you are because of the quality of your blood.

Certain elements are called for and absorbed by the organs of assimilation. If you are muscularly active, the elements that create force are demanded to a greater degree.

Force within the body to a certain extent creates force in the mind.

The conclusions of a man who has a strong body are usually felt and can be expressed more forcefully.

The physical sluggard stands in his own light. He bars his way to achievement. He is lazy.

And this is more especially true if he is a mental worker. The mind must have the stimulus of physical activity in order to do its best work. The power you develop in a physical way is stored as nervous force.

And where is there a mental worker who will not admit that nervous force is back of every mental effort?

If you want to feel the throb of life's most resplendent forces, make yourself in every sense a complete, splendid man or a strong, beautiful woman.

Then your mind and body work harmoniously together. Each upholds or assists the other. You then become a perfect whole.

You are then the master man or the superior woman.

Dinner Macfadden